

2008-2009
3rd Grade Workbook



Name: _____

A Close Look at MyPyramid

For Kids

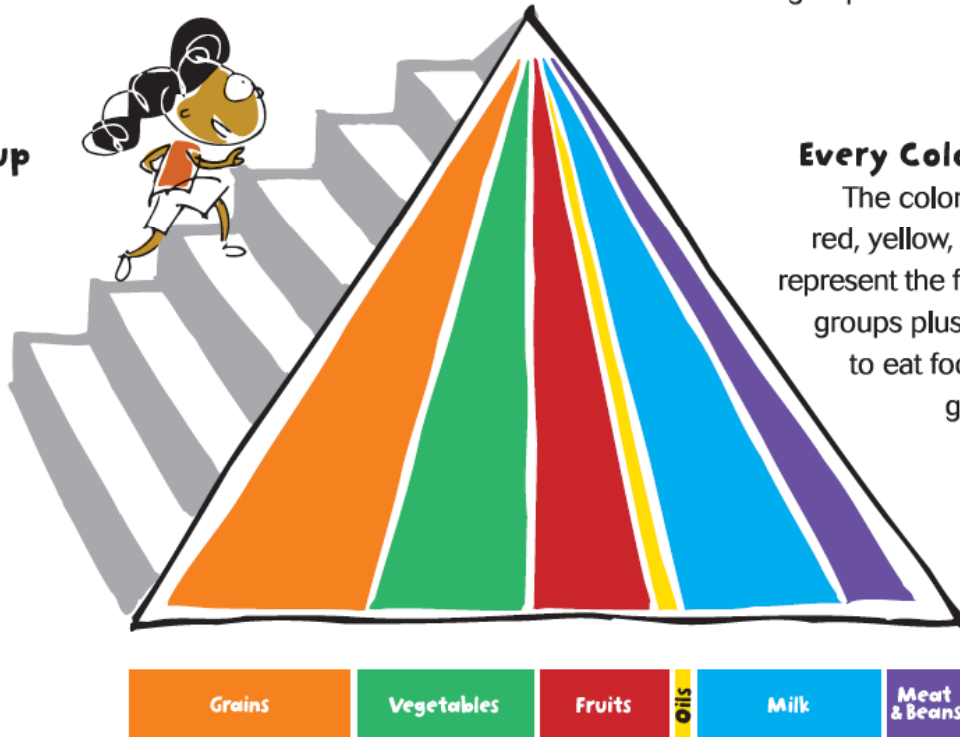
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

Introduction



Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.

Fruits and vegetables are full of vitamins and minerals that your growing body needs. Look on the left page to find where fruits and vegetables are part of MyPyramid.



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You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!

1/2 cup of fruit



1/2 cup of vegetables



1 cup of fruit

1 cup of raw leafy greens













1/2 cup of vegetables



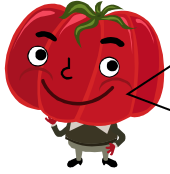
1/2 cup of vegetables

1/4 cup of dried fruit



Fruit or Vegetable	I liked it	I am not sure if I liked it	I did not like it	I will try this again	Why it is good for me
Tomato 					
Winter Squash 					
Persimmon 					
Dried Fruit 					
Mandarin 					
Cabbage 					
Peas 					
Asparagus 					
Avocado 					
Peach 					

September Tomatoes



**Did
you
know?**

- Tomatoes are a high source of vitamins A and C.
- Tomatoes, along with all fruits and vegetables contain antioxidants. Antioxidants help keep our body healthy.
- When a produce item has seeds, most of the time it is called a fruit. In 1893, the U.S. Supreme Court decided that tomatoes are a vegetable even though they have seeds.

What I learned about tomatoes: _____

My Goal!

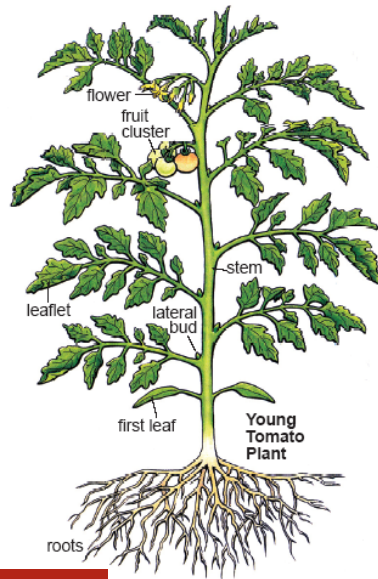
I will eat _____ cups of
tomatoes this week.



List 3 adjectives to describe tomatoes:

- 1) _____
- 2) _____
- 3) _____

Reading Comprehension 2.3, 2.6
Goal Setting 4.6.N.17



Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

Boys		
	Age 7-8	Age 9
Fruits	1 1/2 cups	1 1/2 cups
Vegetables	2 cups	2 1/2 cups
Girls		
	Age 7-8	Age 9
Fruits	1 1/2 cups	1 1/2 cups
Vegetables	2 cups	2 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

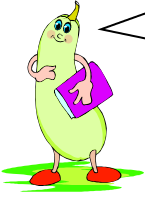
For lunch, I will choose _____

For dinner, I will eat _____



By the end of the day, I will eat _____ cups of fruits and
_____ cups of vegetables.

October Winter Squash



**Did you
know?**

- Winter squash are a high source of vitamins A, C, and fiber.
- Vitamin A is important to maintain healthy vision.
- Fiber has many benefits, including keeping your digestive tract healthy.

What I learned about winter squash: _____

My Goal!

I will eat _____ cups of
squash or yellow
vegetables this week.

Acorn Squash



Spaghetti Squash



Turban Squash



Carnival Squash

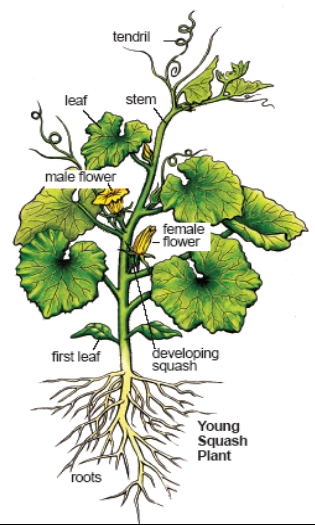


List 3 adjectives that describe winter squash:

1) _____

2) _____

3) _____



Eat a Rainbow!

Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors and they all contain different nutrients that help your body grow. Make sure you eat a rainbow of colorful fruits and vegetables every day!



Write a paragraph explaining why it is important to eat a variety of colored fruits and vegetables and how you will eat more of them everyday.

November Persimmons



**Did you
know?**

- Persimmons are a high source of fiber, mostly in the form of soluble fiber.
- Soluble fiber has been shown to protect against heart disease.
- Persimmon trees produce nectar for honeybees.

What I learned about persimmons: _____

My Goal!

I will eat _____ cups of
persimmons or another
orange fruit this week.



Hachiya



Fuyu



List 3 adjectives that describe persimmons:

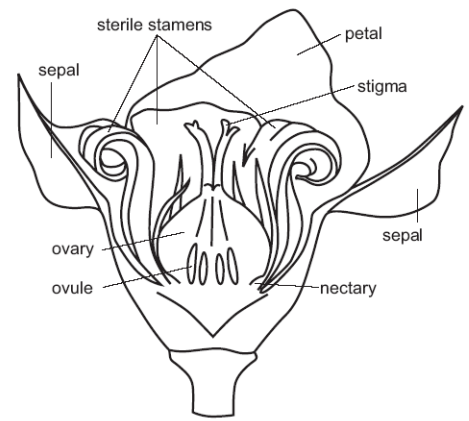
1) _____

2) _____

3) _____



**Persimmons grow on a tree!
Color the persimmon flower!**



A letter to your parents

Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why it is good for you, and include an example of a nutritious breakfast that you would like to eat.

Date: _____

Dear _____,

Love,

December Dried Fruit



**Did you
know?**

- Dried fruit contains potassium.
- The body needs potassium to make your muscles work.
- California is the world's leader in dried plums, producing about 65 percent of the world's supply.

What I learned about dried fruits: _____

My Goal!

I will eat _____ cups of
dried fruits this week.

Raisins



Date



Dried Plum



Dried Fig



List 3 adjectives that describe dried fruit:

1) _____

2) _____

3) _____

How are
raisins
made?

Bunches of grapes are hand-picked by field
workers. They are placed on trays and
allowed to dry for two to four weeks.

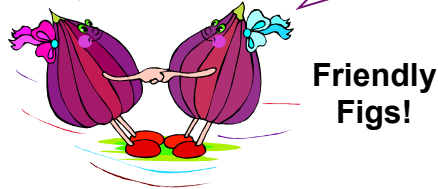


Photo source: ebfarm.com

- | | | |
|----------------|--------|-----------------------|
| A. Cranberries | —————> | Dried Cranberries |
| B. Grapes | —————> | Raisins |
| C. Plums | —————> | Dried Plums or Prunes |

A

B

C

Healthy and Fun Parties!

This year, your teacher would like to have nutritious foods at your classroom parties. Let's make these parties colorful, delicious, and fun! Can you think of some foods that would taste delicious and be nutritious?

Directions: List in alphabetical order, six delicious and nutritious foods and drinks that you would like to include in a classroom party.

Example: Yogurt parfaits (fruit, nonfat yogurt, & granola)

Six delicious & nutritious foods and drinks that I would like to include in a classroom party are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

January Mandarins



**Did you
know?**

- Mandarins are a high source of vitamin C.
- Mandarins are also a good source of vitamin A.
- Satsumas, Clementines, and Minneola tangelos are the State's top three mandarin varieties.

What I learned about mandarins: _____

My Goal!

I will eat _____
mandarins or oranges this
week.

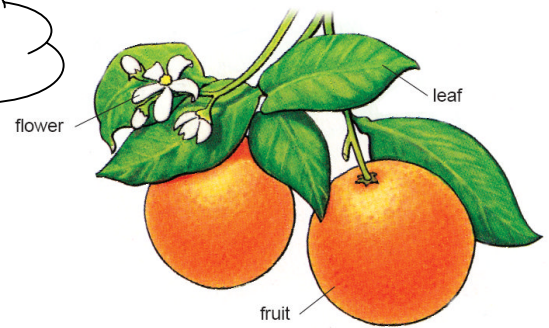


List 3 ways you can include mandarins in your meals:

1) _____

2) _____

3) _____



Directions: Using descriptive words, create a poem about mandarins to share with your class.

Example:

Apples

Apples are red, round and sweet
So delicious to eat
They are firm, solid and bright
Just an absolute delight!

Brainstorm: List some descriptive words that can be used in your poem.

Nutritious

Fill in the blanks to create your poem.

_____ are _____ , _____ and _____

So _____ to _____

They are _____ , _____ and _____

Just a(n) _____ !

February Cabbage



**Did you
know?**

- Cabbage is a high source of vitamin C and K.
- Vitamin K helps to make proteins that cause your blood to clot. When you have a cut, vitamin K helps stop the bleeding.
- Opening of trade with Asia in the late 19th century brought Chinese cabbage to California.

What I learned about cabbage: _____

My Goal!

I will eat _____ cups of
cabbage or other green
vegetables this week.

Red (Purple) Cabbage



Savoy Cabbage



Chinese Cabbage



Green Cabbage



List 3 adjectives that describe cabbage:

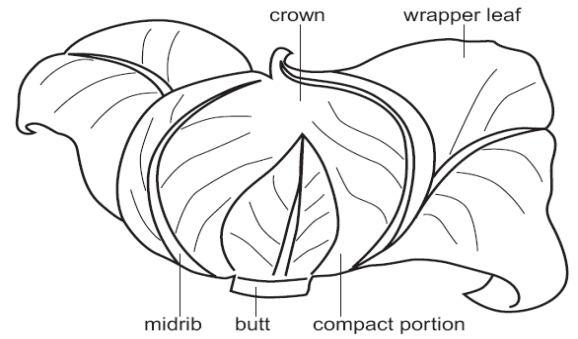
1) _____

2) _____

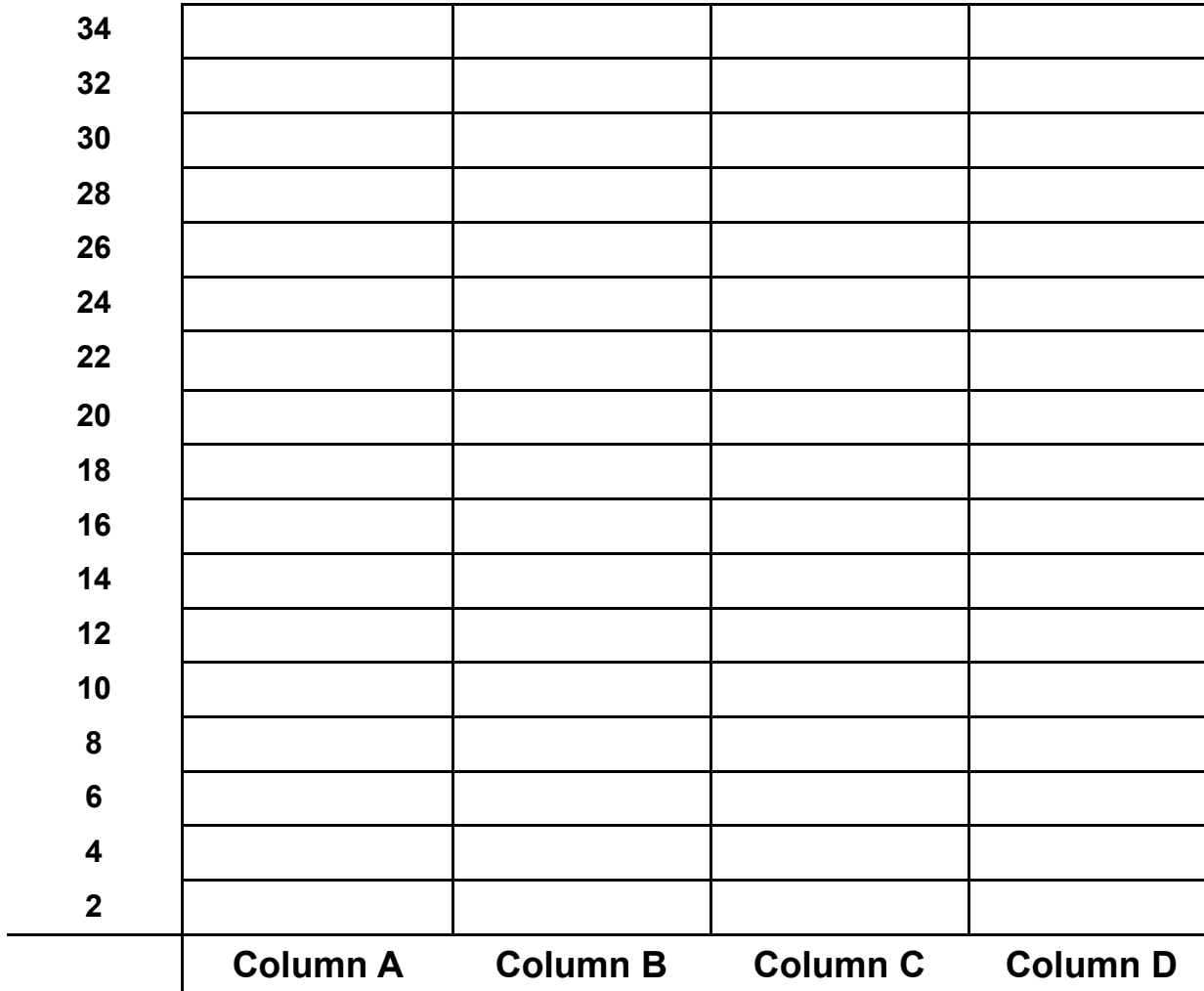
3) _____

Reading Comprehension 2.3, 2.6
Essential Concepts 4.1.N.1, Goal Setting 4.6.N.17

Cabbage grows above the ground. Color in the different parts of a cabbage!



Create a Bar Graph



Directions: Fill in the columns based on answers to the questions below.

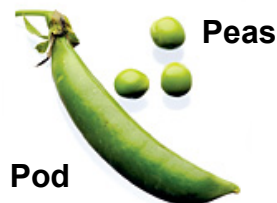
Column A: Total number of students who participated in the taste testing.

Column B: Number of students who like cabbage.

Column C: Number of students who do not like cabbage.

Column D: Number of students who will eat cabbage again.

March Peas



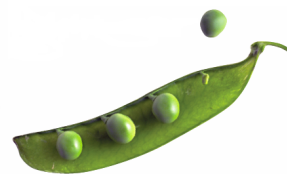
**Did you
know?**

- Cooked green peas are a high source of vitamin A.
- A half-cup of cooked green peas have 4 grams of protein. Protein helps build and repair muscles.
- Edible-pod peas are a good source of fiber and iron. Iron helps to keep a healthy immune system. A healthy immune system helps keep you from getting sick.

What I learned about peas: _____

My Goal!

I will eat _____ cups
of peas this week.

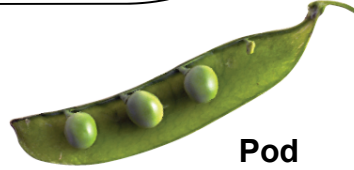
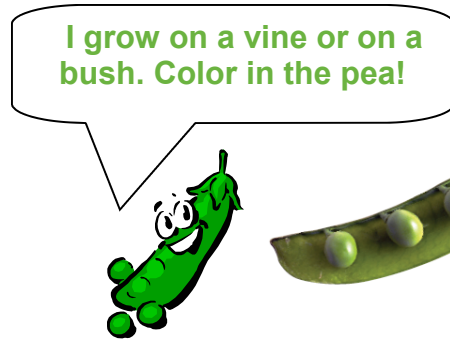


List 3 ways you can include peas in your meals:

1) _____

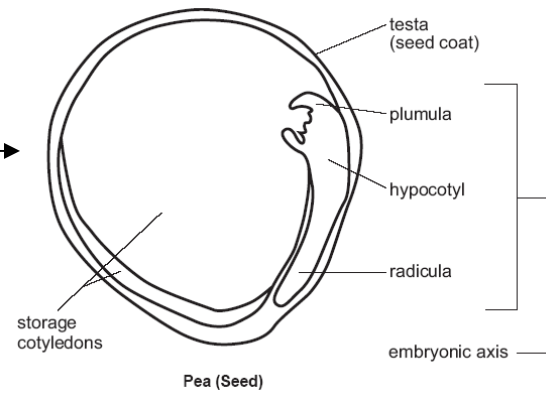
2) _____

3) _____



Pea

Pod



Paragraph Practice!

Peas are a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

STEP 1: List adjectives that describe peas. Think about how peas look, taste, feel and smell, and why it is good for you.

STEP 2: Write a descriptive paragraph about peas. Remember to use your descriptive words and adjectives.

STEP 3: Read your paragraph to a friend!

April Asparagus



**Did you
know?**

- Asparagus is a high source of vitamin K and folate.
- Folate helps protect your body against heart disease.
- Asparagus is a good source of vitamin A and vitamin C.
- In proper conditions, asparagus can grow as much as one inch per hour—up to 12 inches in one day.

What I learned about asparagus: _____

My Goal!

I will eat _____ cups of
asparagus or other green
vegetables this week.

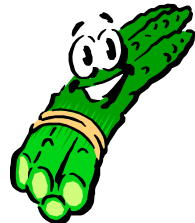


List 3 adjectives that describe asparagus:

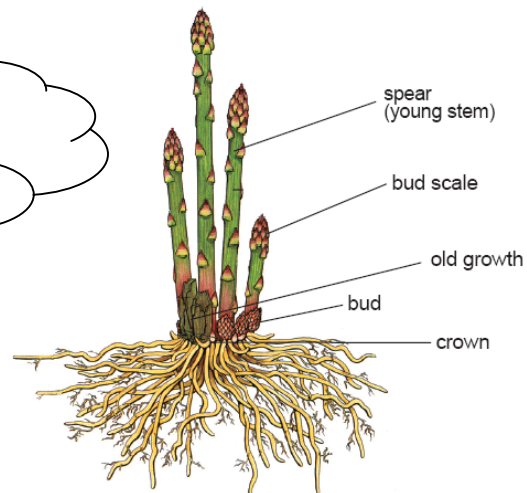
1) _____

2) _____

3) _____



How do I grow?
Let's take a look!



Fruits & Vegetables

A Variety of Colors!

Directions: First, read the names of fruits and vegetables in the boxes below. Next, think of what color that produce is, and then color the box with that color. Finally, list the produce according to their color in alphabetical order.
HINT: Use a dictionary to find a fruit or vegetable that you do not recognize.

Raisins	Orange	Banana	Grapes	Strawberry	Peach	Onion	Beets	Carrots	Asparagus
Dark Lettuce	Lemon	Broccoli	Pumpkin	Potato	Jicama	Zucchini	Spinach	Blackberry	Apple
Plums	Pineapple	Corn	Peas	Cabbage	Peppers	Blueberry	Mandarin	Cherry	
Apricot	Turnip	Cranberry	Raspberry	Eggplant	Mushrooms	Avocados	Celery		



May Avocados



**Did
you
know?**

- Avocados are a source of antioxidants, including vitamin E.
- Vitamin E may help reduce the risk of some cancers.
- Avocados are a source of many minerals including potassium.
- Native to the tropics of Central America, the avocado tree originated in southern Mexico and Columbia around 5,000 B.C.E.

What I learned about avocados: _____

My Goal!

I will eat _____ cups of
avocados or other green
fruit this week.



Avocado Nutrition Facts

Serving Size: _____

_____ calories _____ grams (g) total fat

_____ milligrams (mg) sodium

_____ g carbohydrate _____ g dietary fiber

_____ g sugar _____ g protein

_____ % calcium _____ % vitamin A

_____ % vitamin C _____ % iron

Nutrition Facts

Serving Size: ¼ cup avocado, sliced (30g)

Calories 50

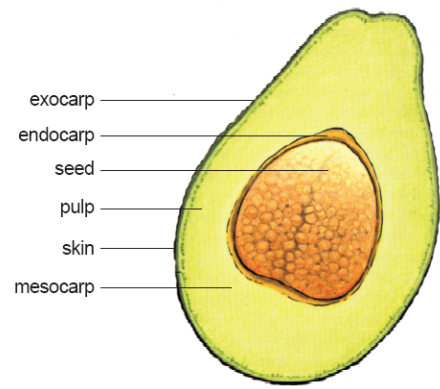
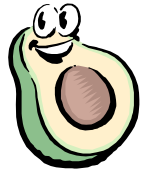
Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Vitamin C 4%
Calcium 0%	Iron 1%

Source: www.nutritiondata.com

Reading Comprehension 2.3, 2.6,
Essential Concepts 4.1.N.1,
Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

Avocados grow on a tree. Take a look inside an avocado!



Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non-fat milk, and choosing more whole grains).

Steps to Setting a Goal:

- 1) Define your goal.
- 2) Write down the small steps you will take to achieve your goal.
- 3) Set a date to achieve your goal.

1) My goal is to

2) To achieve this goal, I need to take the following steps:

- a) _____
- b) _____
- c) _____

3) I will achieve my goal by this date _____

June Peaches



**Did
you
know?**

- Peaches are a good source of vitamin C.
- Vitamin C helps fight germs.
- Peaches are a good source of potassium.
- Potassium helps your muscles work.

What I learned about peaches: _____

My Goal!

I will eat _____ cups of
peaches or orange/yellow
fruits this week.



Peach Nutrition Facts

Serving Size: _____

_____ calories _____ grams (g) total fat

_____ milligrams (mg) sodium

_____ g carbohydrate _____ g dietary fiber

_____ g sugar _____ g protein

_____ % calcium _____ % vitamin A

_____ % vitamin C _____ % iron

Nutrition Facts

Serving Size: 1 medium peach (150g)

Calories 59

Calories from Fat 3

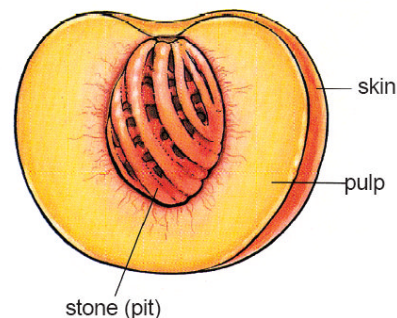
	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	

Vitamin A 10% Vitamin C 17% Calcium 1% Iron 2%

Source: www.nutritiondata.com

Reading Comprehension 2.3, 2.6
Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

Peaches grow on a tree. Take
a look inside a peach!



Practice with adjectives!

Write six adjectives that describe peaches.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Directions: Write a few sentences about peaches and why they are good for you. Use three or more of the describing adjectives.

Writing Applications 2.2, Written & Oral Conventions 1.1, 1.2, Life Science 3(a)
Essential Concepts 4.1.N.1

Seasonal Guide to Fruits and Vegetables

*It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.
Keep it safe! You should always rinse your fruits and vegetables before you eat them.*

Spring	Summer	Fall	Winter	Year-Round
apricots artichokes asparagus avocados bell peppers collard greens grapefruit green peas guavas mangos oranges papayas rhubarb strawberries swiss chard	apricots avocados bell peppers cantaloupe cherries corn grapes green beans green peas honeydew mangos nectarines okra	acorn squash brussels sprouts butternut squash chayote squash cherimoya grapes green beans honeydew kiwifruit okra pears persimmons pomegranates pumpkins sweet potatoes swiss chard tangerines tomatoes turnips	avocados brussels sprouts chayote squash cherimoya collard greens grapefruit guavas kiwifruit mustard greens oranges pears tangerines turnips	apples bananas beets bok choy broccoli cabbage cactus leaves canned fruits and vegetables carrots cauliflower celery chili peppers cucumbers dried fruit eggplant frozen fruits and vegetables garlic green onion jicama kale leeks lemons lettuce limes mushrooms onions parsnips pineapples potatoes radishes spinach tomatoes 100% fruit juice 100% vegetable juice



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

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